

Breastfeeding Module Post Test

Answer Key

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|----------------|-----------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|
| (1 point each) | 1. True
2. True
3. True
4. False
5. True
6. False
7. False
8. False
9. True
10. True | 11. True
12. True
13. True
14. False
15. True
16. True
17. True
18. True
19. True
20. False |
|----------------|-----------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|
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- | | |
|------------|-------------------------------------------------------------------------------------------------------------------|
| (2 points) | 21. production & the release of milk |
| (2 points) | 22. 8 to 12 & 1½ to 3 |
| (1 point) | 23. Colostrum |
| (2 points) | 24. 4½ & 2 |
| (2 points) | 25. 3 & 6 |
| (2 points) | 26. Place in the refrigerator until thawed, or gently shake the bag/bottle while holding it under warm tap water. |
| (4 points) | 27. a, b, d, f |
| (4 points) | 28. a, b, c, e |
| (1 point) | 29. c |
| (4 points) | 30. a, b, d, e |
| (4 points) | 31. a, b, d, f |
| (3 points) | 32. b, b, c |
| (4 points) | 33. a, b, c, d |
| (5 points) | 34. a, b, c, d, e |
| (2 points) | 35. b, e |
| (2 points) | 36. b, c |
| (4 points) | 37. a, b, c, e |

- (4 points) 38. a, b, c, e
- (3 points) 39.
 - Breastfeeding can offer protection from disease and infections
 - Breast milk is nutritionally superior to any formula
 - Breast milk is easy to digest, rarely is there constipation or diarrhea
 - Breast milk is less allergenic
 - Breastfed babies are less likely to be overfed
 - Breastfeeding enhances jaw and tooth development
 - Breastfeeding contributes to optimal brain development
- (3 points) 40.
 - Breastfeeding is more convenient
 - Breastfeeding promotes relaxation
 - Breastfeeding causes less stress for mom
 - Breastfeeding increases self-esteem
 - Special bonding
 - Mother's uterus returns to normal more quickly and helps with weight loss
 - May protect against some cancers (breast and ovarian)
 - More economical
 - Decreases risk of developing osteoporosis
- (2 points) 41.
 - a. Nurse before and after work or school. Hand express, or use a pump to express, and store milk for next day.
 - b. Find a sitter close to work or school. Go to the baby or have baby brought to mom for feedings. Also have sitter feed formula.
 - c. Nurse before and after work or school and provide supplemental formula during her absence.
- (6 points) 42.

a. cradle	easy, convenient
b. lying down	good for C-section deliveries or moms who want to rest while nursing
c. football hold	C-sections, premature babies, large breasts, twins, flat or inverted nipples
- (2 points) 43. Ages are 2-3 weeks, 6 weeks, 3 months
Encourage mom to nurse more liberally and on demand for several days and her breasts will begin to produce more milk.
- (3 points) 44.
 - Breastfeeding within one hour after delivery
 - Nursing frequently from birth, 8-12 times per day
 - Nurse on one or both breasts at each feeding
 - Breastfeed on demand
 - Room-in with baby
 - Don't limit nursing time
 - Avoid bottles or water or formula
 - Avoid nipple shields and pacifiers
- (1 point) 45. To call her doctor.
- (3 points) 46. First acknowledge Lacy's feelings about embarrassment. Let her know that many women feel uncomfortable with breastfeeding at first.

Then educate: After a while many women begin to feel more comfortable with breastfeeding. Breastfeeding can be done discreetly with a little practice. Let her know that if she is still uncomfortable, she can always use a private room or use a bottle when she is in public.

- (6 points)
47. a. electric Mother needs to increase her milk supply.
Mother's returning to work or school full-time or part-time
Infant unable to nurse because of prematurity or medical problem, latch-on problems, mastitis,
Mother taking contraindicated medications
Mom/infant separation, twins, triplets
- b. manual Relieving engorgement, healing cracked or sore nipples, short interruption of breastfeeding, weaning, short duration or infrequent use situations
- c. battery-operated Mother's working part-time, relieving engorgement, healing sore or cracked nipples, short interruptions of breastfeeding, weaning an infant
- bicycle horn – not recommended